



HIGHLIGHTS SENIORS UNITED – OCTOBER 2013

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Mark your calendars for **Wednesday, October 9, 2013** at **12:00 noon**. Our lunch sponsors and speakers are State Senator Mark Manendo and Assemblywoman Maggie Carlton. We will also hear from Clark County Gang Intervention and Chief Judge Karen Bennett-Haron. This meeting will be held at the **Clark County Library** located at **1401 E Flamingo Road**.

Our next meeting will **Wednesday, November 13, 2013** at **12:00 noon**. We will be having our Thanksgiving lunch sponsored by one of our board members, Judge Frank Sullivan. This meeting will be held at the library as well.

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When witches go riding, and black cats are seen,
the moon laughs and whispers, tis near Halloween.



**SPRINGS PRESERVE®**333 S. Valley View Blvd.
Las Vegas, NV 89107

As fall approaches, we all like to take advantage of our Las Vegas weather. One of the places to get a good walk in is at the Springs Preserve. Visitors get a chance to see where Las Vegas began while walking their 3.65 miles of trails. A person can meander through 110 acres of native habitats and archaeological sites.

Also, on site is the Nevada State Museum. Stroll through the expansive historic collections, exploring pre-history and natural history of Nevada. The facility is open Thursday through Monday from 10:00 a.m. to 6:00 p.m. which features 13,000 square foot exhibit gallery.

In 2006, four historic Las Vegas railroad cottages were moved to the Springs Preserve to avoid destruction. These cottages were constructed from 1909 to 1911 by the San Pedro, Los Angeles and Salt Lake Railroad to house mid-level workers. They represent one of the first housing track developments in the western United States. Restoration of these cottages will begin this fall with an anticipated completion in late 2014. Once the project is completed, these cottages will depict early 20th century life in Las Vegas, including turn-of-the-century interior exhibits, a period-reflective town site and store fronts, and a recreation of Las Vegas' train depot.

Every Thursday, the Springs Preserve hosts "Bet on the Farm! Farmers Market" where you can shop for a variety of fruits, vegetables and herbs, as well as nuts, dairy products, coffee and more. All grown and produced locally or regionally. Hours are from 10:00 a.m. to 1:00 p.m.



October 12th and 13th from 8:30 to 10:30 a.m. join the Preserve's Enabling Gardens as they explore gardening's therapeutic benefits. This hands-on workshop is available for \$10 for members and \$15 for non-members. Learn the joys and rewards of Mojave Desert gardening from horticulturists and community experts.

If you are just interested in catching the fall plants blooming catch one of the free garden guided walks every Saturday and Sunday. Times are at 11:00 a.m., 1:00 p.m. or 3:00 p.m. The botanical gardens are amazing and should not be missed. Interested parties should meet at the Garden Center near the entrance to the gardens.

For more information on any of these programs or to become a member contact them at 702-822-7700.

Clark County Library Film Series:

Main Theater at 1:00 p.m.—featuring films by Harryhausen

October 8—Earth Vs the Flying Saucers (1956, 83 min) using stop-motion animation to bring fictional events to life.

October 15—The 7th Voyage of Sinbad (1958, 88 min) stop-motion technique was refined to incorporate lush and vivid color.

October 22—Mysterious Island (1961, 101 min) this movie showcases the high level of special effects the British movie studio could offer directors.

October 29—Jason and the Argonauts (1963, 104 min) best known for the iconic sword fight which took four months to complete. American Film Institutes Top 10 Fantasy Films of all time.

SENIORS UNITED MEANS SENIOR POWER

A monthly publication of Seniors United. A nonprofit organization serving thousands of Senior Citizens.

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**Call Doris Balducci for more
information about dues at
732-4366 or email at
dmbalducci@yahoo.com.
Thank you.**

COLUMBUS DAY OCTOBER 14, 2013

*Columbus Day was first adopted as an
official state holiday in Colorado. It
became a federal holiday in 1934.*

*In most Latin American countries,
Columbus Day is known as Da de la
Raza which marks Columbus' arrival in
the Americas.*

*Columbus was appointed Governor and
Viceroy of the newly discovered lands
but was stripped of these titles as the
Spanish crown saw that he was a poor
Governor. His family would fight over
these rights for some time.*

SENIORS UNITED CREED ESTABLISHED BY JULIAN AND LILIAN WALLACE

*Seniors United was created as an inspirational medium for seniors. It's
purpose is to educate, promote and protect the rights of seniors.*

*The needs of seniors differ from younger citizens. It is important to
have an organization devoted to our place in the community and to
promote it's continued growth.*

*The members of Seniors United want to share experiences with
others. Nonpartisan and nonsectarian, we are very actively involved
in the political structure of our state and country. Forums are varied
to benefit the needs of the community and to discuss political issues.
Guest speakers come from all areas.*

*It is with pride that we are seniors and are doubly proud to be
members of Seniors United. The pride continues in our many
accomplishments and in the good name we have established in the
community. Our goal is to develop plans for a great tomorrow and to
make it happen.*

Everyone is welcome, young to old and from every walk of life.

FREE HEART SCREENINGS

Through a special partnership with **American Institute Of Medical
Sonography**, you may receive **FREE** ultrasound heart screenings
at **Clark County Library**. Please call Monday thru Thursday
9 a.m.- 4 p.m. for an appointment **(702) 369-4216**. Open to all
adults age 21 and over. No insurance needed. No dyes, no
fasting, no injections. Safe, non-invasive & painless! First
Mondays 2 p.m. - 7 p.m.

Dates available:

Oct 7	Nov 4	Dec 2
Jan 6	Feb 3	

Screenings offered include echo (heart), carotid, and abdominal
aorta. See images of your results in real time. And best of all —
it's **FREE** !

Clark County Library
1401 E. Flamingo Road

**** PLEASE NOTE:** Screenings are intended for educational &
informational purposes and are not meant to substitute for
medical care. Please consult your physician if you have questions
concerning your screening results. For more info, please call
(702) 507-3458.

Seniors United
1155 East Twain Suite #108-177
Las Vegas, NV 89169

Seniors United – APPLICATION FOR MEMBERSHIP

Date: _____ Phone: _____

email address: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

_____ \$10.00 per year per person (expiration date is one year from application date)

_____ \$15.00 per year per couple

_____ \$150.00 per year Corporate/Silver Members

Please make checks payable to: Seniors United
Mail to: 1155 East Twain Suite #108-177, Las Vegas, NV 89169